



Mayo Clinic Practical Integrative Medicine: Renew, Rejuvenate, Inspire & Connect 2027

February 11-13, 2027

Thursday – February 11, 2027	
7:00 AM	Registration, Breakfast, Exhibits Open
7:55 AM	Welcome & Introduction <i>Ellen Meltzer, M.D.; Michael R. Mueller, M.D.; Irina Todorov, M.D.</i>
Integrative Medicine 101	
8:00 AM	Introduction to Integrative Medicine <i>Denise M. Millstine, M.D.</i>
8:30 AM	Principles of Acupuncture <i>Debbie E. Elam, L.Ac.</i>
9:00 AM	Stress Management/Mind-Body Techniques <i>Debbie L. Fuehrer, M.A., L.P.C.C.</i>
9:30 AM	Q&A Panel
10:00 AM	Break: Exhibits and Abstracts
10:30 AM	Supplements for Well-being <i>Heather E. Fields, M.D.</i>
11:00 AM	Exercise and Movement <i>Pauline H. Lucas, P.T., D.P.T., WCS-ABPTS</i>
11:30 AM	Q&A Panel
Keynote	
12:00 PM	Keynote Scraping the Bottom of the Barrel... <i>Brent A. Bauer, M.D.</i>
1:00 PM	Adjourn Day

Friday – February 12, 2027

6:45 – 7:15 AM	Medical Qi Gong (No CME credit) <i>Debbie E. Elam, L.Ac.</i>		
7:00 AM	Breakfast and Exhibits		
7:55 AM	Introduction <i>Ellen Meltzer, M.D.; Michael R. Mueller, M.D.; Irina Todorov, M.D.</i>		
Integrative Medicine in Chronic Conditions			
8:00 AM	Metabolic Syndrome/Lifestyle Modification for Reversing Diabetes <i>Irina Todorov, M.D.</i>		
8:30 AM	Fibromyalgia/CFS <i>Michael R. Mueller, M.D.</i>		
9:00 AM	Integrative Approaches to Menopause <i>Jyoti Patel, M.D.</i>		
9:30 AM	Q&A Panel		
10:00 AM	Break: Exhibits and Abstracts		
“Hot Topics” in Integrative Medicine			
10:30 AM	Hot Topic #1: Ivermectin <i>Heather N. Montane, P.A.-C., M.S., R.D.</i>		
10:45 AM	Hot Topic #2: IV Vitamins (Vitamin C) <i>Catherine Madaffari, M.D.</i>		
11:00 AM	Hot Topic #3: Mistletoe <i>Lisa L. Ellsworth, P.A.-C.</i>		
11:15 AM	Hot Topic #4: Hyperbaric Oxygen <i>Allison M. Angeli, M.D.</i>		
Integrative Oncology			
11:30 AM	Oncology Related Supplements <i>Denise M. Dupras, M.D., Ph.D.</i>		
12:00 PM	Nutrition in Cancer Patient <i>Laura D. Rhaney, M.D., M.P.H.</i>		
12:30 PM	Q&A Panel		
1:00 PM	Adjourn General Session		
Workshop/Breakout Sessions (Optional, additional fee to attend, registration required, lunch provided)			
1:30 PM	Acupressure for Sleep Relaxation <i>Debbie E. Elam, L.Ac.</i>	The Basics of Acupuncture <i>Tony Y. Chon, M.D.</i>	The Business of Integrative Medicine <i>Tammy R. Monson, M.A. and Erika O. Klanjac, M.H.A.</i>
2:30 PM	Adjourn Workshops		

Saturday – February 13, 2027

6:45 – 7:15 AM	Medical Qi Gong (No CME credit) <i>Debbie E. Elam, L.Ac.</i>
7:00 AM	Breakfast and Exhibits
7:55 AM	Introduction <i>Ellen Meltzer, M.D.; Michael R. Mueller, M.D.; Irina Todorov, M.D.</i>
Integrative Medicine Across the Healthspan	
8:00 AM	Brain Health <i>Christina Chen, M.D.</i>
8:30 AM	Osteoporosis <i>Jad G. Sfeir, M.D., M.S.</i>
9:00 AM	Longevity <i>Sara L. Bonnes, M.D., M.S.</i>
9:30 AM	Ethical Dilemmas and Patient Experience: Managing Patient Expectations in Integrative Medicine <i>Ellen C. Meltzer, M.D.</i>
10:00 AM	Q&A Panel
10:30 AM	Break and Exhibits
“Hot Topics” in Integrative Medicine	
11:00 AM	Hot Topic #1: Sauna and Cold Plunge <i>Ravi Ganesh, M.B.B.S., M.D.</i>
11:15 AM	Hot Topic #2: Red Light Therapy <i>Ivana T. Croghan, Ph.D.</i>
11:30 AM	Hot Topic #3: Tuina/EMMA <i>Brent A. Bauer, M.D.</i>
11:45 AM	Hot Topic #4: Definitions on Ultra-processed Food, Processed Food and Minimally Processed Food <i>Lisa Lammert, RDN, LD, CSO</i>
Case Discussions and Final Questions	
12:00 PM	Case #1: Burnout/Stress <i>Jon C. Tilburt, M.D.</i>
12:30 PM	Case #2: Supplements <i>Stephanie L. Grach, M.D., M.S.</i>
1:00 PM	Adjourn Conference